

We claim:

1. A gluten-free pre-mix comprising a mixture of organic, gluten-free seeds, flakes, and spices.
- 5 2. The gluten-free pre-mix of claim 1, wherein the gluten-free pre-mix comprises a mixture of poppy seeds, flax seeds, sesame seeds, quinoa flakes, sunflower seeds, amaranth, pepper, and salt.
3. The gluten-free pre-mix of claim 1, wherein the gluten-free pre-mix comprises a mixture of ground poppy seeds, flax seeds, ground black sesame seeds, quinoa
10 flakes, whole brown sesame seeds, ground brown sesame seeds, ground sunflower seeds, amaranth powder, ground black pepper, and sea salt.
4. A gluten-free broth comprising fresh vegetables, bay leaf, organic oil, and water.
5. The gluten-free broth of claim 4, wherein the organic oil is safflower oil.
6. The gluten-free broth of claim 4, wherein the organic oil is olive oil.
- 15 7. The gluten-free broth of claim 4, wherein the gluten-free broth further comprises onion, parsley, carrot, garlic, celery, leek, and thyme.
8. The gluten-free broth of claim 5, wherein the onion is red onion.
9. A gluten-free food item comprising a gluten-free pre-mix, an organic oil, and a gluten-free broth.
- 20 10. The gluten-free food item of claim 9, wherein the organic oil is organic safflower oil.
11. The gluten-free food item of claim 9, wherein the organic oil is organic olive oil.
12. The gluten-free food item of claim 9, wherein the gluten-free pre-mix is organic.
13. The gluten-free food item of claim 9, wherein the gluten-free broth is organic.
- 25 14. The gluten-free food item of claim 9, wherein a savory is added.
15. The gluten-free food item of claim 14, wherein said savory comprises cheese, herb, or spice.
16. The gluten-free food item of claim 14, wherein said savory comprises garlic, cheese, onion, thyme, sage, marjoram, oregano, cumin, caraway, jalapeno,
30 tomato, cilantro, basil, chipotele, or pepper.

17. The gluten-free food item of claim 14, wherein said savory comprises garlic, parmesan cheese, onion, thyme, sage, marjoram, oregano, cumin, caraway, jalapeno, tomato, cilantro, basil, chipotele, pecorino romano cheese, cracked pepper, or red pepper.
- 5 18. The gluten-free food item of claim 14, wherein the savory comprises one or all of rosemary, thyme, sage, oregano, and marjoram.
19. The gluten-free food item of claim 14, wherein the savory is cumin seeds.
20. The gluten-free food item of claim 14, wherein the savory is caraway seeds.
21. The gluten-free food item of claim 14, wherein the savory comprises one or all of
10 ground dehydrated tomato, garlic powder, ground dried jalapeno, onion powder, sea salt, cilantro and lemon juice.
22. The gluten-free food item of claim 14, wherein the savory comprises pecorino romano cheese, ground dehydrated tomato, basil, chipotele, oregano, or jalapeno.
23. The gluten-free food item of claim 14, wherein the savory comprises pureed
15 roasted red pepper, roasted garlic, fresh basil, sea salt, or black pepper.
24. A method of making a gluten-free food item comprising:
 mixing the gluten-free pre-mix with an organic oil, gluten-free broth, and any
 desired savory;
 forming the mixture into a ball;
20 rolling out the ball on a surface lightly dusted with amaranth powder into a
 coil;
 cutting the coil into pieces;
 pressing each piece into thin evenly-sized slices; and
 cooking each slice on a heated grill until the food item is lightly browned on
25 each side.
25. The method of claim 24, wherein the rolling, pressing, and cooking are accomplished using a manual process.
26. The method of claim 24, wherein the rolling, pressing, and cooking are accomplished by a machine process.
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